



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov



August 2018



THE UPTON CENTER STAFF

Director of Elder & Social Services

Janice Read Nowicki

Social Services Coordinator

Jessica Mauro

Department Specialist

Bernadette Denson

COA Assistants

Deb Saulen

Karen Varney

Drivers

Jim Earl

John Saulen

Nutrition Center Mgr.

Al Vautour

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The COA Staff hopes you are having a fun and healthy summer thus far! We'd like to extend a special thank you to our local Unibank branch for treating our seniors to a free pizza party in July. Branch Manager Joe Tonelli and staff member Patty Guin came to serve up a stack of pizzas of all varieties. Close to 40 seniors were on hand to enjoy the delicious lunch. It was all part of Unibank's "Random Acts of Kindness" initiative, and it got us thinking that we'd like to pay it forward and inspire some random acts of kindness of our own!...

For the month of August, we'll be holding a **Random Acts of Kindness Challenge**, and we hope you will ALL participate! Each time you do something kind for someone else, stop by the Center and jot it down with your name on a slip of paper at our computer sign in station. We'll have a "kindness collection box" there and at the end of each full week in August, we'll have a drawing and pull one name from our box. Winners will receive a gift card. The kinder you are, the more chances you have to win! And just in case you're in need of some ideas, here are a few suggestions as to how you can spread some extra kindness of your own!...

- *Pay for the order for the person behind you in line*
- *Visit someone who is alone*
- *Leave a nice note on the windshield of a car*
- *Give a generous tip to your server*
- *Pick a good cause and donate whatever you can to it*
- *Go out of your way to make a new friend*
- *Run an errand for someone*
- *Pick up any trash you see*
- *Call a loved one you haven't spoken to in a while*
- *Give someone an unsolicited compliment*
- *Help someone carry their bags*
- *Donate blood*
- *Bring treats to the Center to share*
- *Volunteer at the Upton Center*
- *Say thank you to someone who works hard*
- *Donate clothing that you don't wear*
- *Cook a meal for someone*
- *Leave a funny note in your favorite library book when you return it*
- *Ask someone how they are and really listen when they answer*
- *Give words of encouragement to someone*
- *Spend a day saying only nice things about and to other people*

RANDOM ACTS OF
KINDNESS.



And speaking of kindness, we'd like to extend a sincere thank you to the **Upton Women's Club** for their recent monetary donation towards future intergenerational programs here at the Center. We will certainly put it to good use! And a special thanks goes to the **Upton Cultural Council** for sponsoring the Grey Whisker Pickers band at our recent chicken barbecue. They were a hit!



Read on for more details of all that we have in store for August. Visit us often and enjoy the AC here at the Center!

Janice



Shopping Trips

Time spent in the stores is typically 60–90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up on a loop. Destinations/times may change due to medical appts.*

Tuesday, August 7 at 11:30—Art Bradish's lunch stand in Grafton & shopping at Christmas Tree Shop, Shrewsbury

Wednesday, August 8 at 9:15—Market Basket, Hudson

Friday, August 10 at 12:30—Franklin Farmer's Market
(Note: Farmer's Market Coupons available at the Center on 8/3 can be used here. See details in next column)

Tuesday, August 14 at 12:30—JJ's Ice Cream and Kelly's Farm Stand, Upton

Wednesday, August 15 at 9:00—Salvation Army/Shaw's/Job Lots/**Foppema's Farm**/Walmart Loop*, Northbridge

Monday, August 20 at 12:30—Market Basket, Oxford

Tuesday, August 28 at 9:15—Hannaford's, Uxbridge

Thursday, August 30 at 9:15—Salvation Army/Shaw's/Job Lots/**Foppema's Farm**/Walmart Loop*, Northbridge



NOTE: Please help minimize confusion when we unload by bringing your own shopping bags along. Unibank donated plenty of bags to the Center if you need any.



Concerts at Kiwanis Beach in Upton

Wednesdays, July 11—August 15

Van departs at 5:15** / Concerts begin at 6:00

(**Note—this is a later departure time than last month)

Upton Rec. Commission's summer concerts at Kiwanis Beach are back! Free van rides will be provided to the following concerts:

- Wednesday, August 1—Houston Bernard Band
- Wednesday, August 8—Leon Spradley
- Wednesday, August 15—Fast Times



Bring a blanket and chair and enjoy the music and the great outdoors! Concerts begin at 6:00. **Please call the Center for a ride at least 2 days ahead so we can schedule transportation.** The van will depart at 5:15 with pickups available at the front lobby of Millhaus Apartments, the mailboxes at Coach Road, and Upton residences as needed.



Read Around Town Preschool Storytime

Thursday, August 2 at 10:30

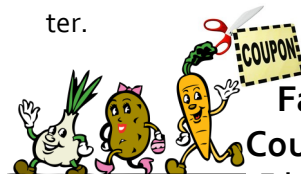
We have some special visitors coming to the Center who would love it if you'd read them a story! The Library has organized a "Read Around Town" storytime for some preschoolers in town. Please call the Center to register and let us know if you're up for reading to them, or if you'd just like to come listen and visit with our young visitors.

Hot Dog Roast

Thursday, August 2 at 11:45



Who can resist a nice juicy hotdog in the summertime?! Join us for a hot dog roast and enjoy some fun with your friends at the Center. Lunch fee is \$3. Please call to register.



Farmers' Market

Coupon Distribution

Friday, August 3 at 9:30

A limited number of farmers' market coupons will be distributed at the Upton Center on a first come, first served basis. These can be used at farmers' markets in Grafton, Franklin and other local towns. Applicants must be a Massachusetts resident, at least 60 years of age, and must present proof of residency and proof of income being at or below 185% of the Federal poverty level. Please call the Upton Center if you have questions regarding eligibility. This program is sponsored by Tri-Valley.

Senator Moore's Office Hours

Monday, August 6, 9:00—10:00



Senator Moore's office will hold office hours here at the Center. Stop by to discuss your concerns.



Breakfast with the Town Manager

Thursday, August 9 at 9:00

It's time for another great breakfast with Town Manager, Derek Brindisi. After a delicious meal, Derek will give a talk on what's happening in town and hold a Q&A session. Come share your concerns and learn more about what's happening in Upton! Please call to register. Breakfast is \$3.

Tea Time Wellness Talk with Jessica

Friday, August 10 at 9:30



Enjoy a cup of tea (or coffee!) with Jessica as she shares a Wellness Talk that will motivate you to "Stay Moving" to maximize your health. Please call to register and let us know if you have suggestions for additional topics you'd like Jess to cover.



Picnic at the Center

Monday, August 13 at 11:45

Join us for a picnic at the Center in honor of National Picnic Month! We'll be serving roast beef sandwiches and sides. Please call the Center to register. Fee is \$3.

Craft Time with Betty

Tuesday, August 14 at 10:30



Join volunteer Betty Brault for another fun craft. She always has something creative in store for you! Please call the Center to register. No fee.



SHINE Appointments

Wednesday, August 15, 9:00—12:00

SHINE Counselor Marcy Singer will hold individual appointments at the Center. Please call the Center to register for an appointment to discuss your health insurance needs. SHINE = Serving the Health Insurance Needs of Everyone.

Trip to the Petting Zoo at the Library

Wednesday, August 15 at 12:15

The Upton Library is hosting a petting zoo right on its front lawn. Join us as we head over to see the bunnies, goats and chickens, donkey and llama! Consider bringing your grandchildren, too! Call to let us know if you plan to join us. Free rides available for Upton seniors.



Lunch Trip to Lowell's

Friday, August 17 at 11:30

Let's head to Lowell's in Mendon for a delicious meal with friends. Choose from breakfast, salads, burgers and more. Please call to register and let us know if you need a ride.



Sheriff's Annual Senior Picnic

Saturday, August 18, 11:00—3:00

Enjoy a fun filled day in the park with complimentary lunch, raffles and Bingo at the Sheriff's Annual Senior Picnic! The picnic is held at SAC Park (348 Lake Street in Shrewsbury). We'll have our van available to provide free transportation to and from the picnic that day, **departing at 8:45 a.m.** We are leaving bright and early because we have reserved seating which will be held up until 9:30 a.m. Space is limited so please let us know early if you're interested. We hope you'll join us for this fun summer event sponsored by the Worcester County Reserve Deputy Sheriff's Association.

"Leaving Your Legacy" Talk in Honor of Senior Citizens' Day

Tuesday, August 21 at 12:30

It's Senior Citizens' Day! So we hope you'll join us for an informative presentation by Genealogist Seema Kenney on how you can leave your legacy for generations to come. Light refreshments will be served. Please call to register. No fee.



Senator Moore's Strawberry Shortcake Social

Wednesday, August 22 at 12:00

Senator Moore's office has kindly offered to treat our seniors to a Strawberry Shortcake Social—yum!! Come celebrate summer with the Senator. Please call to register. No fee.



Birthday Bash

Friday, August 24 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's Bdays! The event is free for those with August birthdays; a donation of \$3 is suggested for others. Rockin' Ralph will be taking a well-deserved break this month, but will be back in the future! Please call to register.

Brain Healthy Lunch by Cornerstone

Tuesday, August 28 at 12:30

The staff at Cornerstone in Milford would like to treat you to a free lunch here at the Center. They'll be sending their chief along to show you how to prepare food that is both delicious and healthy. You won't want to miss this! Please let us know if you can join us.



Afternoon Movie at the Center

Wednesday, August 29 at 12:30

Join us to watch **Chappaquiddick** (Rated PG-13), based on the scandal and mysterious events surrounding Ted Kennedy's involvement in the fatal 1969 car accident that claimed the life of a young campaign strategist, Mary Jo Kopechne. The film explores the broad reach of political power, the influence of America's most celebrated family; and the vulnerability of Ted Kennedy, the youngest son, in the shadow of his family legacy. Call to let us know if you can make it.

Free Trip to the Worcester EcoTarium

Friday, August 31 at 12:15

Join us for a trip to the Worcester EcoTarium! Admission is free today, thanks to the "Free Fun Fridays" program. The EcoTarium is a family-friendly, indoor-outdoor museum. It offers three floors of interactive exhibits, exciting shows in the digital planetarium, daily Science Discovery programs, live animal habitats, beautiful nature trails, and a train ride around the grounds. Please call to register and let us know if you'd like a free ride on our van.



Healthy Mind & Body

Tai Chi—Mondays at 1:00—\$3

ZENgevity or Volleyball—Mondays at 3:30—No fee

Strength & Stretch - Wednesdays at 10:00—\$3

Belly Dancing—Fridays at 10:00—\$3.

Blood Pressure Checks—Wed., August 29 at 12:30



Podiatrist Returning in September

Dr. Biancamano will return for appointments from 9:30—12:00 on September 13. Please call the Center to reserve an appointment time.

Please call the Upton Center at 508-529-4558 with questions or to register for programs. Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).

JESSICA'S SOCIAL SERVICES CORNER

SMOC—Fuel Assistance

If you received Fuel assistance last heating season, you will start receiving renewal applications for the upcoming heating season. Please note, the season does not start until **November 1st**. If you need assistance completing an application, please contact Jessica at 508-529-4558 to set up and appointment.



Medicare Open Enrollment

Medicare Open Enrollment starts **October 15th**. During Open Enrollment, you will be able to make any changes to your Medicare Advantage plans and/or Part D prescription plans. If you have any questions regarding the upcoming enrollment period or any insurance questions please call the Center to speak with a SHINE counselor.



Family Walk Coming in September

Mark your calendars! We'll be hosting a Family Walk at the Center on Friday, **September 7th** at 10 a.m. Join us for movement, music and raffles! Whether you want to walk a lot or a little or even just cheer people on, we'd love to have you join us! Please call the Center to let us know if you can join us.



Tri-Valley Lunch Services

A nutritious lunch is served at the Upton Center each weekday at 11:45. Please call Al Vautour at 508-529-9094 by 10 am the day before a meal is served to reserve a spot or cancel a meal. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.

Elder Affairs Officer



The Upton Police Department will be holding office hours at the Center as needed. Please call the Center to set up a time to speak with an Officer.

Wish List



We are in need of the following at the Center:

- Patio furniture so we can enjoy our patio!
- More BINGO callers! We'll train you—it's fun! If you can call once a month on Thursdays at 1, that'd be great!
- Volunteer kitchen helpers to assist with our Meals on Wheels program (packaging and delivering meals within the Millhaus apartments, and serving our communal lunch). Hours are 9—12:30 on various weekdays. Please contact Al at 508-529-9094 if you can help.



COMMUNITY CORNER

Photo Contest

The United Parish of Upton is running a photo contest to choose the cover photo for their upcoming edition of the local town phone directory. The photo theme is "Why I Love Upton!" and the contest is open to all residents of the Blackstone Valley. Up to 5 images can be submitted online per person. Enter by **August 15**. In addition to having their photo used on the cover of the directory, the winner will win a \$50 gift card. Visit www.unitedparishupton.com/photo-contest for further details.

Genealogy Clinics

Local genealogist Seema Kenney offers a Genealogy Research Clinic on the **1st and 3rd Wednesday** of each month from 3-6pm. (except no clinic will be held 8/1). This is an opportunity to receive research assistance, hints on local resources, assistance with computer resources, or an understanding of genealogical standards. No registration, no set curriculum. Bring your questions and curiosities and take advantage of Seema's education and experience as well as the many resources readily available in the Fay Room of the Upton Historical Society above the Upton Library.

Free Fun Fridays

On Fridays through August, you can attend a number of area museums and cultural events for FREE! Stop by the Upton Center's front office for a list of the events by date, or access the list online at www.highlandstreet.org. For more information, call 617-969-8900. See details inside this newsletter of our free van ride to the EcoTarium in Worcester for their Free Friday event on **August 31**.

Summer Concerts in Milford

Claflin Hill presents Family Nights at the Bandstand at Milford Town Park (corner of Congress and Walnut Streets). Concerts are held on the following Tuesday evenings from 6:30 pm to 8:30 pm. Rain dates are the following Thursday.

- **August 7**—Swing Night with The Fantasy Big Band
- **August 14**—Tim Quinn & the Black Velvet Band—Top 40 Tunes with a Celtic Flavor.
- **August 21**—The Claflin Hill Symphony Summer Winds

Upton Historical Society Heritage Day

The Upton Historical Society's Heritage Day will be held on Saturday, **September 29, 10 a.m. — 2 p.m.** This is a great community event with craft and vendor fair along with events held at various departments around town. Save the date and watch for further details in our next newsletter.

Where's the Tree?



Congratulations to **Annette Castonguay** who was our lucky winner for finding our hidden sparkler last month. This time we've hidden a little tree. Can you find it?...If so, call the Center and be entered to win a prize!

August 2018

Mon

Tue

Wed

Thu

Fri

* Please see newsletter for details of our shopping trips and call the Center at 508-529-4558 to register.		1 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:15 Departure for Concert at Kiwanis Chicken Pesto	2 10:00 Knit/Crochet Group 10:30 Read Around Town Preschool Storytime 11:45 Hot Dog Roast 1:00 BINGO Hot Dog	3 9:30 Distribution of Farmers' Market Coupons 10:00 Belly Dancing Class Haddock w/Parmesan Cream Sauce
6 9:00—10:00 Senator Moore's Office Hours 10:30 COA Meeting 1:00 Tai Chi 3:30 ZENgevity Ranch Chicken	7 10:00 Card Players Group 11:30 Trip to Art Bradish's and Christmas Tree Shop 12:30 Wii Games Beef w/Onions & Peppers	8 9:00—10:00 Computer Class 9:15 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 5:15 Departure for Concert at Kiwanis Vegetable Cheese Bake	9 9:00 Breakfast with the Town Manager 10:00 Knit/Crochet Group 1:00 BINGO Spaghetti & Meatballs	10 9:30 Tea Time Wellness Talk with Jessica 10:00 Belly Dancing Class 12:30 Trip to Franklin Farmer's Market Chicken Picatta
13 11:45 Picnic in Honor of National Picnic Month 1:00 Tai Chi (Note: No ZENgevity) Roast Beef Sandwich	14 10:00 Card Players Group 10:30 Craft Time with Betty 12:30 Wii Games 12:30 Trip to JJ's Ice Cream & Kelly's Farm Stand Greek Chicken	15 9:00—10:00 Computer Class 9:00—12:00 SHINE Appointments 9:00 Shopping Trip* 10:00 Strength & Stretch 11:00 Library Table 12:15 Visit Petting Zoo at Library 12:30 Canasta 5:15 Departure for Concert at Kiwanis Meatloaf & Gravy	16 10:00 Knit/Crochet Group 1:00 BINGO Chicken Pot Pie	17 10:00 Belly Dancing Class 11:30 Lunch Trip to Lowell's Saturday, Aug. 18: Depart at 8:45 for Sheriff's Senior Picnic, 11-3 Shrewsbury  Macaroni & Cheese
20 12:30 Shopping Trip* 1:00 Tai Chi 3:30 Volleyball Beef Stew	21 10:00 Card Players Group 12:30 "Leaving Your Legacy" Talk in Honor of Senior Citizens' Day Cranberry Chicken Salad	22 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:00 Senator Moore's Strawberry Shortcake Social 12:30 Canasta Chicken Milano	23 10:00 Knit/Crochet Group 1:00 BINGO Salisbury Steak w/ Gravy	24 10:00 Belly Dancing Class 12:45 Birthday Bash Haddock w/Dill
27 1:00 Tai Chi 3:30 ZENgevity Jambalaya	28 9:15 Shopping Trip* 10:00 Card Players Group 12:30 Wii Games 12:30 Brain Healthy Lunch by Cornerstone Meatballs w/Onion Gravy	29 9:00—10:00 Computer Class 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Afternoon Movie Fish w/Crumb Topping	30 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO BBQ Chicken	31 10:00 Belly Dancing Class 12:15 Trip to the Worcester Ecotarium Marinated Pork Loin

August, 2018 — Dates to Remember

Check  here if you plan to attend !

- Aug 1 _____ Departure for Concert at Kiwanis, 5:15
- Aug 2 _____ Read Around Town Preschool Storytime, 10:30. Do you want to read to the kids?! Yes _____ or No _____
- Aug 2 _____ Hot Dog Roast, 11:45
- Aug 3 _____ Distribution of Farmers' Market Coupons, 9:30 (limited number available)
- Aug 6 _____ Senator Moore's Office Hours, 9:00—10:00
- Aug 6 _____ COA Meeting, 10:30
- Aug 7 _____ Trip to Art Bradish's in Grafton and Christmas Tree Shop in Shrewsbury, 11:30
- Aug 8 _____ Shopping Trip—Market Basket, Hudson, 9:15
- Aug 8 _____ Departure for Concert at Kiwanis, 5:15
- Aug 9 _____ Breakfast with the Town Manager, 9:00
- Aug 10 _____ Tea Time Wellness Talk with Jessica, 9:30
- Aug 10 _____ Shopping Trip—Farmer's Market, Franklin, 12:30
- Aug 13 _____ Picnic in Honor of National Picnic Month (Roast beef sandwiches), 11:45
- Aug 14 _____ Craft Time with Betty, 10:30
- Aug 14 _____ Trip to JJ's Ice Cream and Kelly's Farm Stand, Upton, 12:30
- Aug 15 _____ SHINE Appointments, 9:00—12:00 (call for appointment)
- Aug 15 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's/Walmart Loop, Northbridge, 9:00
- Aug 15 _____ Trip to Petting Zoo at the Library, 12:15
- Aug 15 _____ Departure for Concert at Kiwanis, 5:15
- Aug 17 _____ Lunch Trip to Lowell's, Mendon, 11:30 Departure (Do you want a ride? Yes _____ or No _____)
- Aug 18 _____ Trip to Sheriff's Annual Picnic, Shrewsbury , 8:45 Departure (Do you want a ride? Yes _____ or No _____)
- Aug 20 _____ Shopping Trip—Market Basket, Oxford, 12:30
- Aug 21 _____ "Leaving Your Legacy" Talk, 12:30
- Aug 22 _____ Senator Moore's Strawberry Shortcake Social, 12:00
- Aug 24 _____ Birthday Bash, 12:45 (Is it your birthday this month? Yes _____ or No _____)
- Aug 28 _____ Shopping Trip—Hannaford's, Uxbridge, 9:15
- Aug 28 _____ Brain Healthy Lunch by Cornerstone, 12:30
- Aug 29 _____ Blood Pressure Checks, 12:30
- Aug 29 _____ Afternoon Movie—"Chappaquiddick", 12:30
- Aug 30 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Foppema's, Walmart Loop, Northbridge ,9:15
- Aug 31 _____ Free Trip to the Worcester EcoTarium, 12:15 Departure



Please call the Upton Center at 508-529-4558 to register for rides and programs. Hours are Mon. —Fri., 9:00—3:30 (weather & staff permitting).



Easy Sign-Ups!! Turn your sheet in to our office and we'll make a copy and sign you up!

Name: _____ ; Phone #: _____

Did you find our hidden tree? If so—where?! _____

WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday Tai Chi 1:00
- Every Monday ZENgevity or Volleyball (No class on 8/13) 3:30
- Every Tuesday Card Players Group 10:00
- Every Tuesday Wii Games (No Wii 8/21) 12:30
- Every Wednesday Computer Class 9:00
- Every Wednesday Strength & Stretch 10:00
- Every Wednesday Library Table 11:00
- Every Wednesday Canasta 12:30
- Every Thursday Knit/Crochet Group 10:00
- Every Thursday BINGO 1:00
- Every Friday Belly Dancing 10:00